

COTunaStuffedTomato75

Number of Servings: 75 (206.32 g per serving)

Amount	Measure	Ingredient
8.00	lb	Fish, tuna, light, w/water, drained, can
1 1/2	lb	Celery, fresh, diced
15.00	ea	Eggs, whole, raw, lrg
15.00	Tbs	Relish, pickle, sweet
4.00	cup	Dressing, mayonnaise, light
75.00	ea	Tomatoes, red, fresh, year round avg, med, 2 3/5"

Nutrients per serving

Nutrition Facts	
Serving Size (206g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 320mg	13%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 15g	
Vitamin A 25%	Vitamin C 25%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.

Each pound or 16 oz diced celery = 4 cups

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Food Handling :

- Wash raw fruits and vegetables before using them in food preparation.
- Single gloves should be used for only one task and then discarded.
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Hard cook and cool eggs. Peel and dice.

Drain tuna and flake. Combine with diced celery, diced hard cooked eggs, relish and mayonnaise. Mix lightly to blend. Chill.

Wash chilled tomatoes. Turn tomatoes stem side down. Cut each tomato, not quite through, in fourths. Fill each tomato with a #12 scoop of tuna salad.